

EarthSave

MAGAZINE

Are we Tree- Huggers?

Why we care

INSIDE

Mad Cow—Mad World

A special report by
EarthSave President,
Howard Lyman

Raw or Cooked

Some facts that may
surprise you



Winter 2001



From The Chair

Dear Friends,

The commencement of a new year is the perfect time to make positive changes. To celebrate this new year, we are proud to introduce this new version of the EarthSave International newsletter. In keeping with our commitment to make education our foremost priority, we have expanded this newsletter to include 24 pages of articles and updates. We promise to continue bringing up-to-date information to the world about the many benefits of a plant-based diet.

Whether you are moved to a healthier diet by reasons of health, animal compassion, environmental concerns, or other issues entirely, we hope the educational information and campaigns EarthSave will bring to you throughout the year will help you on your path. And we invite you to multiply the impact of your personal choices by sharing this information with others in your community. Working together, we can really heal this planet.

If you're not a member of EarthSave yet, please join today. As our article entitled "Are We Tree Huggers?" suggests, we—the people who want a healthier planet—represent all walks of life. We're doctors (see Ask Dr. Jules, page 4), lawyers, singers (see spotlight on Heidi Howe, page 17), teenagers, mothers, and Congresspersons (see article on Rep. Dennis Kucinich, page 5). We're the man next door, the woman in the next cubicle.

There are so many reasons why a plant-based diet makes sense. (For example, see Mad Cow Mad World, page 12.) And there are so many ways you can help bring this compassionate, sensible message to the public. Board member Jeff Nelson and his family decided to host a vegetarian foreign exchange student—literally holding hands with someone from across the globe who is trying to pass this message on to her own community. If that's not your cup of tea, you can participate in programs like the Great American Meat Out (see page 4) or VegPledge! (see update on page 18). Or better yet, you can start an EarthSave chapter and bring this incredible information to countless others in your own city and state.

Whatever, wherever, and however you choose to help propel our world onto a healthier, more peaceful path, EarthSave will be right there with you. We're committed to working with you throughout this year to bring positive changes in the ways people farm, shop, eat, and live. With you, and the talents and passion you bring, we will indeed look back at the end of the year and marvel at our accomplishments. Happy New Year.

Yours for a healthy planet,

John D. Borders, Jr.
Chair, Board of Directors



Howard Lyman,
President

Our Mission

EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.

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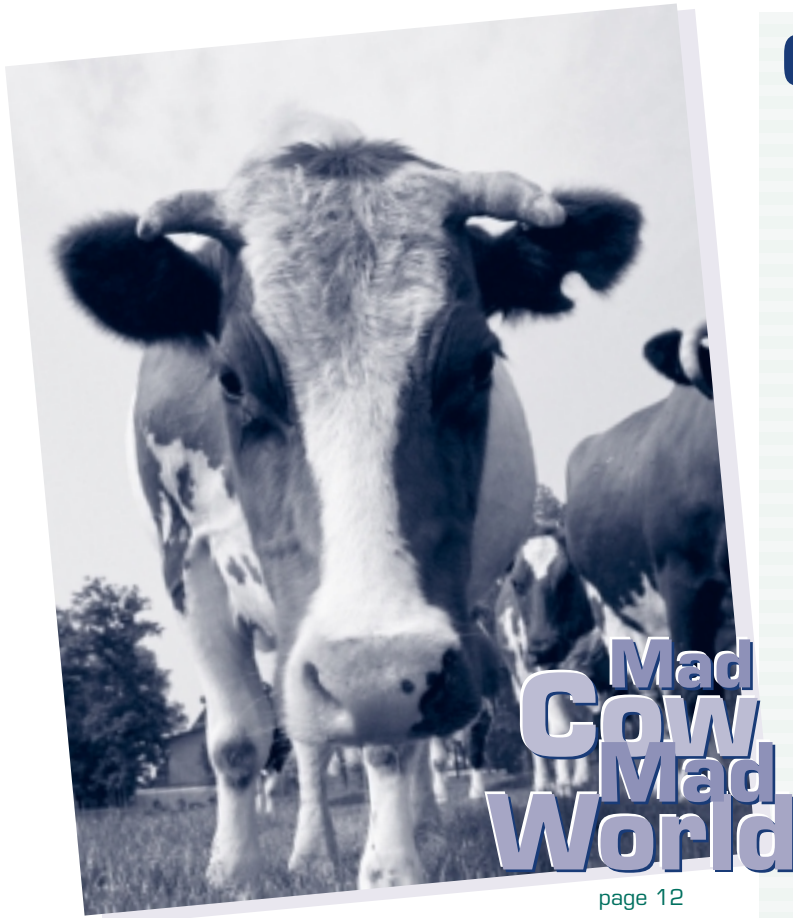
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Over 25 chapters - see page 22



page 12

Cover photo, treehuggers Nina and Randa Nelson



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- **MEMBERSHIP DATE** - Please check your label for the expiration date of your annual membership. If the date is within the next quarter, this will be your last newsletter. We appreciate your support, and invite you to renew your membership today.

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EarthSave Magazine

Contents

Cover Story

14 Are We Treehuggers?

EarthSaver Sabrina Nelson examines how she became a member.

Taking Action

4 EarthSave Joins with Meatout

EarthSave teams with FARM to jointly spread message of compassion and health.

5 A Real Friend In Congress

Dennis Kucinich is definitely not your average politician.

12 Mad Cow - Mad World

A special report by EarthSave President Howard Lyman.

Food & Health

6 Let's Do Breakfast

Don't skip the most important meal of the day.

8 Raw Vs. Cooked

Good idea, wrong reasons?

24 Juicing to Heal Naturally

A cup a day keeps the MD away.

Members

10 Our Brazilian Daughter

An EarthSave family opens its home and its heart to a veg exchange student.

17 Member Profile: Heidi Howe

Her nature is just right!

18 The Twin Cities Profile

They're baaaaaack!

19 Our New Executive Director

Meet Michelle Larson-Sadler, EarthSave's new Executive Director.

19 Special Thanks for Audrey Nickel

EarthSave's past Executive Director remains a strong supporter of EarthSave's mission.

Columns

2 Letter from the Chair

4 Ask Dr. Jules

18 VEGPLEDGE!

20 Book Review

20 EarthSave Recommends

21 Restaurant Review

21 Product Review




EarthSave Joins FARM for Meatout 2001

This year EarthSave is joining forces with Farm Animal Reform Movement (FARM) to help promote the Great American Meatout 2001.

Culminating on the first day of Spring, March 20th, thousands of caring folks in all 50 states and several other countries will put on educational events ranging from simple information tables and exhibits to elaborate receptions, cooking demonstrations, festivals, and radio/TV shows. They will encourage people to "kick the meat habit, at least for a day, and explore a more wholesome, less violent diet."

Offered at all Meatout events will be EarthSave's successful *VegPledge!* program. The *VegPledge!* encourages people to commit to shift toward plant-based eating for at least 60 days, with the help and support offered through EarthSave (see story, P. 18). For more information, please visit the *VegPledge!* website at <http://www.vegpledge.com> and Meatout at <http://www.meatout.com> 

Meat the Money: ADA says "Thank You For Your Generous Donation, Mr. Checkoff!"

The National Cattlemen's Beef Association (NCBA) was awarded the prestigious Corporate Award for Excellence 2000 from The American Dietetic Association Foundation (ADA). According to the ADA, this award recognizes the organization's many years of support of, and work with, registered dietitians, the ADA, and the ADA Foundation. "For years, the beef checkoff [advertising funds] has funded nutrition research that has provided us with facts about protein, iron, zinc and other nutrients that are found in beef," Zimmerman said. "By passing that information along to dietitians, we're improving the health of both the American public and the American cattle industry." [emphasis ours] 

Guess the ADA knows who to keep healthy, right?

October, 2000, from an NCBA press release



Ask Dr. Jules

Dear Dr. Jules:

I've been a vegetarian for more than 12 years. Lately I've spent a lot of time exploring vegetarian websites on the internet, and they all seem to be slanted toward vegans. I don't get it. What's so wrong with dairy products?

S.G., Santa Cruz, CA

Dear S.G.:

Milk is touted for preventing osteoporosis, yet clinical research questions this claim. The *Harvard Nurses Health Study*, which followed more than 75,000 women for 12 years showed NO protective effect from fracture risk due to increased milk consumption. In fact, increased intake of calcium from dairy products was associated with HIGHER fracture risk. You can decrease the risk of osteoporosis by reducing sodium and animal protein intake, by increasing your intake of fruits and vegetables, by exercising regularly, and by consuming an adequate intake of calcium from plant foods, such as green leafy vegetables, and fortified foods. Dairy products also contribute significant amounts of cholesterol and fat to the diet, which increase the risk of cardiovascular disease and several other chronic diseases. Ovarian cancer and lymphatic cancer have also been linked to the consumption of dairy products. Breast and prostate cancer are incriminated due to increased amounts of a compound called IGF-1 (Insulin-like growth factor), found in increased levels in the blood of those patients consuming dairy products. IGF-1 is also found in milk. Insulin-dependent diabetes (Type 1, also called "childhood-onset" or "juvenile diabetes") has been linked to consumption of dairy products. Researchers found that a specific


dairy protein (casein) can spark an auto-immune reaction, which is believed to be what destroys the insulin-producing cells (beta cells) of the pancreas. Lactose intolerance is common among many populations, affecting approximately 95% of Asian Americans and 70% of African Americans. These individuals do not have the enzymes that digest the milk sugar, lactose. Symptoms include gastrointestinal distress, flatulence, and diarrhea. In short, there are many good reasons to avoid milk. DO make sure to consume a reliable source of calcium and Vitamin D, though.

Dear Dr. Jules:

Does diet really have a bearing on breast cancer risk? I thought heredity was the main concern.

Signed,
N.N.G., Los Angeles, CA

Dear N.N.G.:

Yes, there appears to be a connection. In the U.S., one in eight women will get breast cancer during her life. Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, did an exhaustive two-year study, involving more than 10,000 patients in China, studying the relationship between diet and disease. He also studied breast cancer rates around the world and found that the countries that had the highest meat consumption also had the highest rates of breast cancer. He concluded that deaths from breast cancer were associated with 5 things: (1) high intake of dietary fat; (2) high levels of blood cholesterol; (3) high levels of estrogen; (4) high levels of testosterone; and (5) early age of first menstruation. All of the above factors are associated with diets that are high in animal-based foods. 



Dr. Jules Oaklander is an osteopathic physician and licensed pharmacist living in Miami, Florida, and a member of EarthSave's board of directors. Do you have a health-related question you'd like to ask Dr. Jules? Please send your questions to EarthSave International, 1509 Seabright Avenue, Suite B-1, Santa Cruz, CA 95060, Attn: Ask Dr. Jules, or email them to newsletter@earthsave.org.



A Real Friend In Congress

Links to websites for such organizations as the Sierra Club, Friends of the Earth, and Greenpeace aren't exactly what you would expect to see on the website of a U.S. Congressman. But then, Rep. Dennis Kucinich (D-Ohio) is most definitely not your average politician.

At a time when agribusiness special interests seem to dominate much of the environmental decision-making in this country, Rep. Kucinich is working hard to swim against that stream. Indeed, if ever the planet, the animals and our bodies had a friend in government, it is Dennis Kucinich.

"The air we breathe, the water we drink and the forests we live near are not unlimited resources to be exploited. These are precious resources owned by the public interest. Polluting these resources and other ecological damages are a crime against society," says Kucinich on his webpage (<http://www.house.gov/kucinich>).

Six years ago, this Congressman from Ohio was convinced by his partner — Yelena Boxer, an attorney in Cleveland who has worked hard in her own right to protect our environment — that a meat-centered diet was inconsistent with his passion for the environment and his compassion for all living creatures. He now eats a vegan, organic diet and isn't afraid to order a veggie plate when all the other representatives are ordering steaks. For Dennis Kucinich, credibility and consistency are everything...not just for political gain, but for personal integrity.

Dennis Kucinich's integrity is unmatched—inside and outside of Washington— and that's readily apparent to all who encounter him. How else can you explain how a socially-progressive Democrat running in a conservative, Republican district (Cleveland, OH) could win with almost 70% of the vote—with no television or radio commercials or newspa-

per ads? His quest for a higher truth rises above partisan politics, and he takes his constituents with him on that journey.

In 1977, at the age of 31, Kucinich became the youngest person ever elected mayor of a major American city (Cleveland). He has continued throughout his years in politics to rely upon grassroots campaigning: door-to-door visits, public appearances, and lots of yard signs. This campaign style fits well with his personality...he's immediately personable and likeable, and he's an extremely effective public speaker. And, again, his sincerity is obvious.

While Rep. Kucinich is a friend of the environmental movement for a number of reasons, his latest focus has been on genetically-engineered foods. He has introduced first-of-a-kind legislation to label all foods that are genetically engineered (the "Genetically Engineered Food Right to Know Act of 1999": HR 3377), which has received bi-partisan support. And he has introduced the "Genetically Engineered Food Safety Act of 2000" (HR 3883), which would require mandatory, scientifically valid, safety testing of all genetically-engineered foods.

Rep. Kucinich secured \$200,000 within the fiscal year 2000 agriculture spending bill for additional long-term research on genetically-

engineered foods. He also offered two other related amendments to fiscal year 2001 spending bills: one instructs the FDA to tackle the issue of unknown allergens within genetically-engineered foods; another instructs the Fish and Wildlife Service to assess the environmental impact of genetically-engineered fish escaping into the wild.

Rep. Kucinich also recently led an effort to save EPA standards on clean air. And he's poised to be an important advocate for the

Kucinich has introduced bills to research and label genetically engineered foods.



environment — he's the ranking Democrat on the committee with oversight of the EPA.

The environment isn't the only thing Rep. Kucinich is trying to protect. In an effort to "promote a more peaceful approach to American foreign and domestic policy," Rep. Kucinich plans to introduce legislation that would establish a Department of Peace. This proposed department of our federal government would act as a facilitator of peace, both domestically and internationally. This plan has also received bi-partisan support. Just imagine a Department of Peace right up there with the Department of Justice, the Department of Agriculture....

Rep. Kucinich also encourages nuclear disarmament, which includes arms control talks, stopping the spread of nuclear weapons, and facilitating international cooperation in peaceful uses of nuclear technology. In a speech before the Abolition 2000 Conference, Rep. Kucinich revealed himself as a man not afraid to dream about a better world:

"We must teach our children by example that we have the vision and the courage to love each other, past our differences in ideologies, past our differences in race, color, creed or economic status. We must teach them to love themselves and to love the world. For the world needs love, compassion, common sense and peace."🌱

Rep. Kucinich spoke about genetically-engineered foods to almost 300 people at EarthSave Louisville's Turkey-Free Thanksgiving dinner in November, 2000.



Rep. Dennis Kucinich (D - Ohio)



Let's

Do Breakfast!

By Michelle Larson-Sadler

Would you like to make a hearty morning meal without using “traditional” breakfast foods containing refined sugar, milk, eggs, butter, bacon, sausage, or ham?

Does it seem that you are always on the run in the morning? Do you skimp on nutritionally adequate morning meals due to lack of time? (Sorry...that soy latte that you get at the local coffee shop doesn't count for breakfast-on-the-run!)

Do you want some new and creative plant-based ideas for the first meal of the day?

Then **LET'S DO BREAKFAST!**

Breakfast Tips and Traps

There's no excuse to miss breakfast. Breakfast is the most important meal of the day. Sadly, it's also the most likely meal of the day to be skipped. Eating a hearty, nutrition-dense breakfast will provide the body with the energy needed to start the morning. Recent studies have shown that eating breakfast can raise metabolism by as much as 10 percent and permanently lift that sluggish feeling that is only temporarily alleviated by that first cup of coffee in the morning.

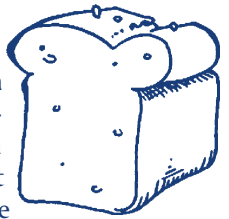
Don't let time be a reason for skipping breakfast. If you have time to get dressed, go to school, go to work, go on that morning walk...you have time to fuel your body! Many breakfast foods can be prepared in advance, including fruit sliced the day or night before for a morning fruit salad, a big batch of granola or hot cereal mix, prepared in advance to be stored in an airtight container for easy morning preparation, muffins to be frozen and reheated when needed. If you take the time to make a breakfast that fits your mood and needs, you set in motion a wave of self-care and responsibility that remains with you throughout the day.

Many people say they don't generally feel hungry in the morning. This happens often in our culture because our eating patterns are essentially backward. A rule of thumb for planning and eating meals is based on the saying: “Eat breakfast like a king, eat lunch like a prince, eat dinner like a peasant.” If you lack an appetite in the morning, chances are it's because you ate “breakfast” before you went to bed. If you ate a large dinner after 6:00 p.m. or consumed that evening snack, you just curbed your appetite for breakfast and contributed to extra weight gain and morning fatigue – even after you had that good night's sleep.

It's winter and our bodies naturally tend to gain a couple pounds of body fat. As we approach spring, you may want to shed the extra weight, but skipping meals – especially breakfast – is not the way to go about it! You can lose the extra pounds and keep them off by eating a wholesome, high-carbohydrate breakfast based on plant foods much more effectively than by not eating during the day and relying on that larger meal in the evening to sustain you. By starving yourself during the day, you force your metabolism to slow down to conserve energy; thus calories do not burn as quickly. When you eat a larger meal at dinner after not eating during the day, your body will take longer to digest and metabolize the food, and the extra calories will be stored as fat stores in your body.

Go with the Grain!

Putting whole grains at the center of your plate or in your breakfast bowl provides your body with easily digestible complex carbohydrates as an energy source to start your day. The choice



these days is astounding, including common whole grains such as wheat, corn, buckwheat, rice, and oats and not-so-common grains such as millet, kamut, amaranth, rolled barley, rye, and kasha. The old stand-bys - granola and muesli - still exist in the bulk sections of your favorite store in many delicious flavors (beware of excess fat in granola...many low fat varieties are available these days, but you will want to read the labels). Hot cereals are comforting on a cold morning – any combination of grains will make a tasty start to the day, and what can beat a steaming bowl of oatmeal topped with raisins, cinnamon, and a dash of maple syrup?

Fruitful Beginnings...



One can never have enough fruit at breakfast! Whole fruit contains fructose, a simple carbohydrate that is easily absorbed into the bloodstream and is a great energy source first thing in the morning. Dried fruit is a great concentrated source of energy and packed with vitamins A and C and minerals.

Drink Your Fruit

A fresh fruit smoothie makes a great breakfast...filling, easy to digest, and very simple to prepare. Frozen banana chunks substitute well for the dairy-based ice cream, sherbet, or sorbet normally used to make



smoothies rich and creamy. If time or the season is an issue, precut frozen fruit chunks, and frozen berries work well in almost any smoothie recipe – be creative!

Are your cupboards almost bare? That's not a reason not to put together a quick breakfast at home! The secret, once again, is creativity. Leftover cheeseless pizza from the night before (or any tasty leftovers), easy-to-heat veggie burritos or tacos, soup

cups from the pantry, veggie “burgers” from the freezer....anything that reheats well is a great candidate for a breakfast-in-a-pinch.

Breakfast bars can also be a good option, but be sure to read the labels! Even the bars that claim they are made from “natural ingredients” may contain refined sweeteners, salt, and dairy by-products such as whey and casein, as well as saturated fats, such as fractionated palm kernel and coconut oils. Eating these may actually cause an energy slump mid-morning, as it takes extra metabolic energy to break down these ingredients in the body. 🌱

Here are some recipes to get your digestive and creative juices flowing:

Granola-On-A-Theme

Makes 10 cups

Enjoy variations on this basic granola recipe with assorted dried fruit and nuts and no added fat!

- 3 c. rolled oats
- 3 c. wheat, rye, or barley flakes - any combination of them
- 2/3 c. buckwheat groats or kasha
- 1/3 c. raw sesame seeds or hemp seeds
- 1 c. raw sunflower seeds
- 1 c. nuts of choice (see combos below)
- 1 c. dried fruit of choice (see combos below)
- 2 t. ground cinnamon
- 1 t. ground allspice
- 1/2 t. ground nutmeg
- 1/2 t. ground cardamom
- 1/2 c. pure maple syrup

Preheat oven to 275° F. Combine oats, buckwheat groats or kasha, sesame or hempseeds, sunflower seeds and nuts in a large bowl. Spread mixture on a cookie sheet and bake for 15 minutes. Carefully stir mixture on cookie sheet and bake for another 15 minutes. Put toasted mixture in a large bowl, add dried fruit and spices, and combine. Slowly drizzle maple syrup over mixture and mix to coat. Let cool completely. Granola will keep fresh in an airtight container for up to 2 weeks.

Granola Fruit and Nut Combinations

- Banana Pecan: 1 cup chopped dried bananas and 1 cup chopped pecans
- Berry Almond: 1 cup dried cherries, blueberries, or cranberries (or a combination) and 1 cup slivered or sliced almonds
- Apple Walnut: 1 cup chopped dried apple and 1 cup chopped walnuts
- Mango Apricot Cashew: 1/2 cup chopped dried mango, 1/2 cup chopped dried apricots, and 1 cup chopped raw cashews
- Date Coconut: 1 cup dried dates, 1 cup shredded dried coconut
- Carrot Raisin Sunflower Seed: 1 cup raisins or currants (or combination), and 1 cup fresh shredded carrot during baking

Grapefruit Avocado Day Starter

Makes 2 servings

- 1 large ruby red grapefruit, sectioned
- 1 small avocado, peeled and diced
- 1 tablespoon freshly squeezed lime juice

Avocados for breakfast? Why not? They're tasty, filling, and loaded with potassium. During the winter months when citrus and avocados are in season, this makes for a simple, nutritious, and filling breakfast, or a tasty and beautiful beginning to a weekend brunch. Combine grapefruit and avocado in a small mixing bowl. Toss with fresh lime juice and serve. It's absolutely delicious!

Dried Fruit Kamut Breakfast Cake

Makes 18 servings

Kamut is an ancient grain that is high in protein and easily digestible – even by those individuals who experience gluten intolerance. This bakes to a dense crumb, and has a sweet taste. If you can't find kamut flour in your store, whole wheat flour works just as well.

- 2 c. kamut or whole wheat flour
- 2 t. ground cinnamon
- 1/2 t. ground nutmeg
- 1/4 c. maple syrup
- 1 3/4 c. vanilla soy or rice beverage
- 2 c. diced dried fruit
- 1 T non-aluminum baking powder
- 2 T arrowroot dissolved in 2 T water
- 1/4 c. sunflower or canola oil

Preheat oven to 400 F. Sift together dry ingredients in large bowl. Combine liquid ingredients in another bowl. Add liquid ingredients to dry ingredients, using as few strokes as possible. Fold in dried fruit into batter.

Grease and flour a 9" x13" cake pan. Pour batter from bowl into pan and bake for 20 minutes. Check for doneness by inserting an end of a knife into the center of the cake — and if the knife comes out clean, the cake is fully baked. Remove cake from oven and let cool for 10 minutes. Cut into squares. Serves 18.

Variation: Reduce the amount of dried fruit to half and add a cup of chopped walnuts, pecans, sliced almonds, or macadamia nuts to the batter.



See www.earthsavemag.org/recipes/breakfast.htm for additional recipes by Michelle.



Raw vs Cooked

by William Harris, M.D.

Raw food enthusiasts have always been a part of the vegetarian/vegan scene. Their core idea is that enzymes are still active in raw food whereas they're denatured, hence inactive, in cooked food.

No contest.

Next question: So what?

The theory is that all food should be eaten raw to avoid the destruction of the enzymes in the food itself which are held to be essential to proper digestion. One aficionado has stated that "enzymes present in raw foods take priority over secreted (digestive) enzymes."

Now Ganong's *Physiology* (1) lists 25 human gastrointestinal digestive enzymes from salivary glands, lingual glands, stomach, exocrine pancreas, intestinal mucosa, and the cytoplasm of mucosal cells. There are at least 11 polypeptide gastrointestinal hormones regulating the secretion of these digestive enzymes. If food, in fact, could digest itself for us, why would a parsimonious evolution (or an efficient God) have bothered installing these enzymes, hormones, and the segments of the GI tract that are set up specifically to process them and their respective food components?

Neither Ganong nor thousands of scientific writers on the subject of digestion make mention of any value of intrinsic food enzymes in human digestion. There is one exception: Prochaska LJ; Piekutowski *On the synergistic effects of enzymes in food with enzymes in the human body. A literature survey and analytical report.* Med Hypotheses (ENGLAND) Jun 1994. In this article the authors mostly repeat the well understood effects of heat in breaking down vitamins, amino acids, and producing undesirable cross-linkages in proteins, particularly in meat. They do not produce a surfeit of evidence in support of the "enzyme theory", although they do point out that cooking beans increases their digestibility by destroying the trypsin inhibitors therein and they cite this as evidence that these enzymes can survive the digestive enzymes at least long enough to cause *negative* effects. They also present tentative evidence that there is some degree of synergy between some food enzymes and human digestive enzymes, a concept that would at least seem plausible. However they admit: "In the absence of active enzymes in food, the

foodstuffs are still able to be digested and the nutrient release from food still occurs, but not at maximum efficiency." This is a far cry from "the enzymes present in raw foods take priority over secreted enzymes."

A search of Medline and the American Journal of Clinical Nutrition, however, failed to turn up a single additional article in support of this thesis and four physiology, biochemistry, and nutrition textbooks, while elaborating on human digestive processes to the point of tedium, also did not mention any useful predigestion of food by the food's own enzymes.

A teleological mind-set is reflected in the idea that a benevolent nature designed foods to predigest themselves for the benefit of man. Amylase, protease, and lipase are used to mobilize stored carbohydrate, protein, and fat for the benefit of the food organism itself, be it plant or animal. Animals have additionally evolved large organs to synthesize and secrete other enzymes for digestion of food in whatever form it comes. This evolved machinery would not have been necessary if foods could adequately predigest themselves.

Cooking is a form of predigestion in which heat is used to hydrolyze nutrients which would otherwise be hydrolyzed at body temperature by digestive enzymes. The end result is the same, but one raw food author seems to obliquely suggest that another reason for leaving food enzymes intact is so they can be absorbed intact into the blood stream to continue their digestive work there. Such a process would be catastrophic as the absorbed enzymes would be peptide fragments and would be more likely to generate allergic and autoimmune reactions than robust good health..

Some pros and cons of the raw diet

Pro: Humans are the only species on the planet who cook their food, so cooking is unnatural..

Con: We're also the only species that build computers and write treatises. That's unnatural, too.

Pro: We've only been cooking for a half million years so we're not well adapted to cooked food.

Con: On the other hand, one recent author

suggested that the learned ability to cook raw tubers over a million years ago resulted in such an increase in dietary Calories that it reduced sexual dimorphism in the pre-humans who employed it, and that in turn led to the psychosexual bonding that gave rise to human families and civilization (2).

Pro: A raw vegan diet rather reliably leads to weight loss and that would be great for the 30% of Americans who are either overweight or obese.

Con: What happens to the people who are already raw fooders but continue to lose weight from reduced Calorie intake?

Further food limitations on a raw diet

A raw diet places even further restrictions on the vegan diet. Among the first dietary restrictions would be grains. Human population growth since the agricultural revolution 12,000 years ago has been tied to grain cultivation and a 1994 *Scientific American* article underscored this, ascribing wide spread spinal defects in ancient female skeletal remains to the all-fours posture required to knead grains to the point where they could be cooked and consumed (3). People have been pounding grains to insensibility as long as they've been around, to get rid of the nutritious but poorly digestible outer shell. American grocery shelves are not by accident stuffed with white breads as far as the eye can see; many people do not like or even tolerate whole grain bread. As example and according to a mid-30s apologist for white bread, the Germans, after overrunning Belgium in WWI, decreed a 98% extraction rate for Belgian bread in a well-intentioned attempt to improve Belgian nutrition. However, Belgian tummies responded to the resulting German black bread with epidemic malabsorption problems and the incidence of tuberculosis went up. Whole grain bread may be good for most people but for a subset of new vegans the gluten content may unmask a previously unrecognized celiac syndrome.

Raw fooders respond to this by saying that grains should not be milled but sprouted and this usually does improve nutrient values and digestibility. On the other hand sprouted alfalfa contains a non-protein amino acid L-ca-



navanine which is thought to trigger systemic lupus erythematosus (SLE), an auto-immune disease. Various other seed sprouts may harbor Salmonella and E. coli bacteria, although this probably reflects contamination during production and distribution, rather than intrinsic fault in the seeds.

On a raw diet, potatoes, a generally well tolerated staple, also go out. To counter that, it can be said that potatoes with green skin contain solanine, a toxic alkaloid that has been popularly, though not scientifically, incriminated in some arthritic conditions. But we could probably get along without potatoes, too.

Other casualties would be soy and many other beans. Raw soy contains trypsin inhibitors, goitrogens, and a laundry list of other allegedly adverse factors. If you have any doubt about the ability of raw beans in general to cause gastrointestinal disturbance, try eating some yourself. Even when cooked, fava beans, a Mediterranean species, win a place for themselves in medical textbooks under the heading "Hemolytic Anemias-Favism."

"Live" versus "dead" food?

The raw food literature is rife with "life force", a metaphysical concept that dates back to ancient medical theory with more recent abuse at the hands of George Bernard Shaw (*Man and Superman*-1903), William Faulkner (*Light in August*-1932), and the red stripes in the present Uzbekistan national flag. However, the German chemist Friedrich Wohler by 1828 had carried out the first synthesis of an organic compound, urea, an achievement that began the decline of the vitalistic theory that had dominated organic chemistry and that had required the existence of a "life force" for organic synthesis. Modern biochemists synthesize vastly more complex molecules than urea without any recourse to "life force." Perhaps, as it has been suggested, metaphysics is for people too lazy to study physics, a field in which there are still enough unexplained mysteries in the fine structure to accommodate all the mysteries of life. It's not necessary to sweep all those mysteries under a metaphysical rug dubbed "life force."

Things that are alive exhibit metabolism, the combining of food, water, and oxygen through enzyme-catalyzed chemical reactions in order to obtain energy for functioning. They also exhibit such properties as growth, reproduction, movement, and response to stimuli. But pitching raw food on the basis that it is "alive"

creates a semantic minefield for vegetarians.

Sure, the greens are alive until they have been cooked and the enzymes have been denatured, but then so is a piece of fresh beefsteak. The cells from both could be kept alive in tissue culture. Does that mean we should eat raw beef because it's "live food?" Does it mean the cow that the live steak was taken from is still alive? Does it mean that the dim consciousness that inhabited that primitive skull and presided over all the fear reactions that we also experience when faced with death is still there? Of course not; the cow had something the greens don't have, a nervous system, it's consciousness is gone forever, and that's what the whole ethical vegetarian case is about. "Live food" arguments really muddy the waters when you're trying to explain the ethics of vegetarianism to a meat eater.

Right conclusion; wrong reasons

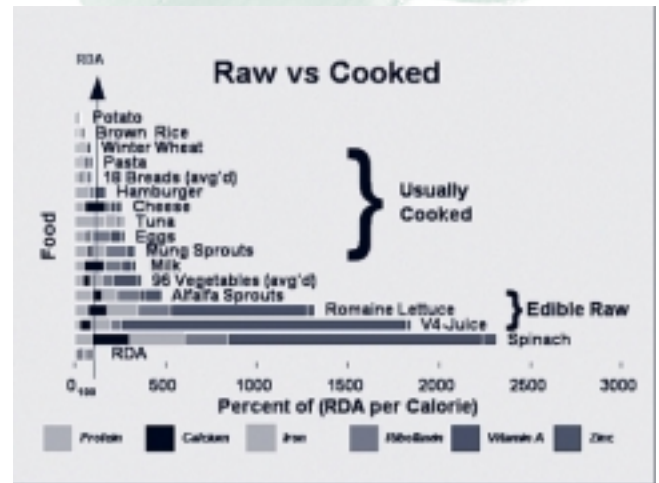
All the foregoing sounds like a frontal assault on the raw fooders, but it's not. I agree with them that raw foods should be a major if not sole part of the diet but not for their reasons.

Raw foods are not healthiest because they're "live food" or because of "life force", "living enzymes", "nerve energy", or "chi", but because the foods that can be eaten raw (mostly vegetables, fruits, nuts and seeds) coincidentally have enormously higher nutrient values than the foods that either have to be, or usually are, cooked. Here is a six-bar stacked and rotated graph assembled from Nutritionist IV data and Quattro Pro showing the amounts of six important nutrients in various foods with the RDA for the six nutrients at the bottom.

It should be self-explanatory, but the foods that are usually cooked are shown in the upper part of the graph and the ones that can be eaten raw in the lower part. The nutrient values, expressed as "Percent of (Recommended Dietary

Allowance [RDA] per Calorie)" are highest for the raw foods.

Note that potato, brown rice, winter wheat, pasta, and 16 averaged breads don't even make it to the RDA. 96 averaged vegetables are beginning to look pretty good, however not all of the ones included can be eaten raw and included among the 96 were a few raw seeds and nuts which dragged down the nutrient indices considerably. Raw they may be but they are also high in fat.



There are at least forty essential nutrients in the human diet but Quattro can only show six at a time and RDAs have not been set for many of the others. (V4 juice is just a tomato, a bunch of parsley, a carrot, and a stalk of celery run through a juicer.)

Summary: The Raw Fooders are probably right but maybe not for their stated reasons. 🌱

William Harris, MD, now retired (but far from retiring) is the former director of the Kaiser Permanente Vegetarian Lifestyle Clinic in Honolulu, Hawaii. A member of MENSA, he is the author of The Scientific Basis of Vegetarianism, and a vegetarian since 1950. A former college trampoline champion, accomplished sailplane and hangglider pilot, Dr. Harris recently took up skydiving. He's still flying high in his 70's. You can visit his website at <http://www.vegsource.com/harris>.

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Our Brazilian Daughter

By Jeff and Sabrina Nelson



Editor's note: Every year, thousands of high school students from all over the world take part in an exchange student program. Leaving their home countries, they live for a time with a host family in a different country, sharing their language and culture while learning about the culture, language and lifestyle of their hosts. It can be a wonderfully enriching experience for both student and host family. Last year, Jeff and Sabrina Nelson (best known to the worldwide vegetarian community as the owners and operators of the popular VegSource website: www.vegsource.com) decided to open their California home to a vegetarian exchange student from Brazil. This is their story.

Last year, during the Fall of 1999, some dear friends of ours, Coby and Hans Siegenthaler, seventy-something lifelong vegetarians, called to ask us a favor. American Youth Abroad (AYA) had contacted them to see if they could take in a Swedish vegetarian exchange student, who was unhappy with her current host family. Coby is often called upon by overseas exchange program organizations to help place veg kids. Unfortunately the notice was too short for us, and we weren't able to help Coby out. But she did get us thinking...

This past spring we got a letter from AYA, once again asking us if we could open our home to an exchange student. We asked our three children (Randa, Nina and Willie) if they would like to have a big sister. The answer was a resounding yes from all three, especially from Willie, who claimed, "I bet SHE won't tease me."

So we contacted AYA, which sent a representative, Arleen Orland, to come to our house and meet us in person (had to make sure we didn't have criminal records, etc.!) We completed an in-depth application, and she checked out the room the exchange student would occupy. Apparently satisfied that we were acceptable candidates, Arleen showed us about 15 applications from vegetarian kids seeking a year abroad in America.

"It really is tough for a lot of these vegetarian kids," Arleen said. "A lot of potential host families look at these applications and say, 'Why would I want to host a kid who won't eat our food?'"



Fernanda with her American family.

Arleen was also concerned that many of the veg kids were coming up on their deadlines to be placed, and if they didn't find a family to offer to host them soon, they would not be able to participate in the program this year.

We had decided we wanted to host a girl, and most of the applicants were from Germany. In reading through the lone Brazilian girl's application—which consisted of the applicant's personal information, letters of endorsement from teachers and others, report cards, essays and parent statements—we took notice of the letter from this girl's parents. They described their daughter, Fernanda Martinez, in glowing, straightforward terms, and concluded saying: "The only difference from another family is that we are vegetarian and we would like to explain why. It's not easy to eat meat when you see how the animals are killed. We believe that nature offers us many other options of food. The second reason is that many researchers all over the world prove that meat is sometimes not good for our health. We try not to be very radical, but as Fernanda has never eaten meat, it will be difficult for her to change her mind."

This struck a chord with us. Fernanda's parents sounded exactly like the kind of people we would want our own children to be placed with, if they were ever to go abroad. It was apparent from her application and the many enthusiastic testimonial letters that 16-year-old Fernanda was a very sweet and smart girl, and that her parents were warm and sensitive as well. We knew we'd found our exchange student!



We decided to invite Fernanda to our San Fernando Valley, CA, home. Could this American suburban household be any more different than the high-rise metropolitan world of São Paulo to which she was accustomed?

"I told my friends I was going to Los Angeles, and everybody said, 'You are so lucky, because it's like California dreamin,'" enthused Fernanda. She accepted the invitation immediately.

Fernanda arrives

Fernanda - or "Nanda" as our kids call her - flew 24 hours from São Paulo to New York to San Francisco to Burbank. She was so excited about her trip that she hadn't slept a wink in over a day, and was exhausted. Everyone instantly adored her (the word "*simpatico*" describes how we all felt) The whole family sat up with her late into the night and learned about her family and her country (the children were full of questions and wonder), and started the process of getting to know one another in person.

"When I got to America I thought that all places are beautiful. Completely different than São Paulo, no trash in the streets, more quiet," says Fernanda. We had been exchanging email with Fernanda and her family before her arrival, so she was Internet-ready. She had been studying English since the age of eight, and could communicate very well. We set her up with a laptop computer which she uses to keep in daily contact with her parents, grandparents, and with other friends from Brazil who are also on exchange programs here in the United States, including her best friends from São Paulo, who were living with host families in Texas and Sacramento.

California Dreamin'

We've been fortunate enough to share some wonderful experiences with Fernanda, including a magical family trip to Stinson Beach (Northern California), where Fernanda taught Nina and Randa how to knit. Fernanda's birthday is the day after our twin girls' birthday, so of course we had to play hooky and celebrate at our second home, Disneyland.

"Before I came to America I said to myself, I don't want to think about anything, I just want to let things happen. I knew everything was going to be different than I could imag-



Fernanda with her American family.

ine. I did hope to see some movie stars, and was very excited to meet Will Smith. I thought California was like a dream, and I really wanted to see the famous beaches. Things that we see in the movies, like Beverly Hills, are much more beautiful live," continues Fernanda.

High School Experience

As Fernanda arrived from Brazil in early August, we had a whole month to spend with her before school started. So we traveled, went out to eat a lot, and just generally tried to have a lot of fun. We were quickly becoming an integrated family unit.

"It took more than one month for me to feel totally comfortable. I used to think that the family was being so nice with me, because they are hosting me just because they want to, not because they are paid or anything like that. So, I felt like I had to be very polite, and I thought being polite was asking if I could get food from the fridge and stuff like that, but my host mom told me I was going to be very hungry if I had to ask for food every time I wanted something to eat, so now I know where the Clif bars are kept, and I help myself. Now I feel like I'm at home, and can just be myself," says Fernanda.

In September reality hit, school was starting. Fernanda's first day of school, joining

the senior class, was a bit rough, as she was used to a school where the kids are very friendly to newcomers. The concept of the American high school clique was, pardon the pun, foreign to her.

Says Fernanda, "High school was not how I imagined. I met some nice people, but I also met some people who were not friendly, and sometimes mean. I also heard students using bad words in front of teachers, which I would never hear in Brazil. It's hard when you don't speak English very well to make friends, but I have made some friends. The boy across the street drives me to school every day, and he's really nice. The classes are easier; the school is much more liberal than my private school in São Paulo. The teachers are less formal, and more willing to be a 'friend' to the students than in my country."

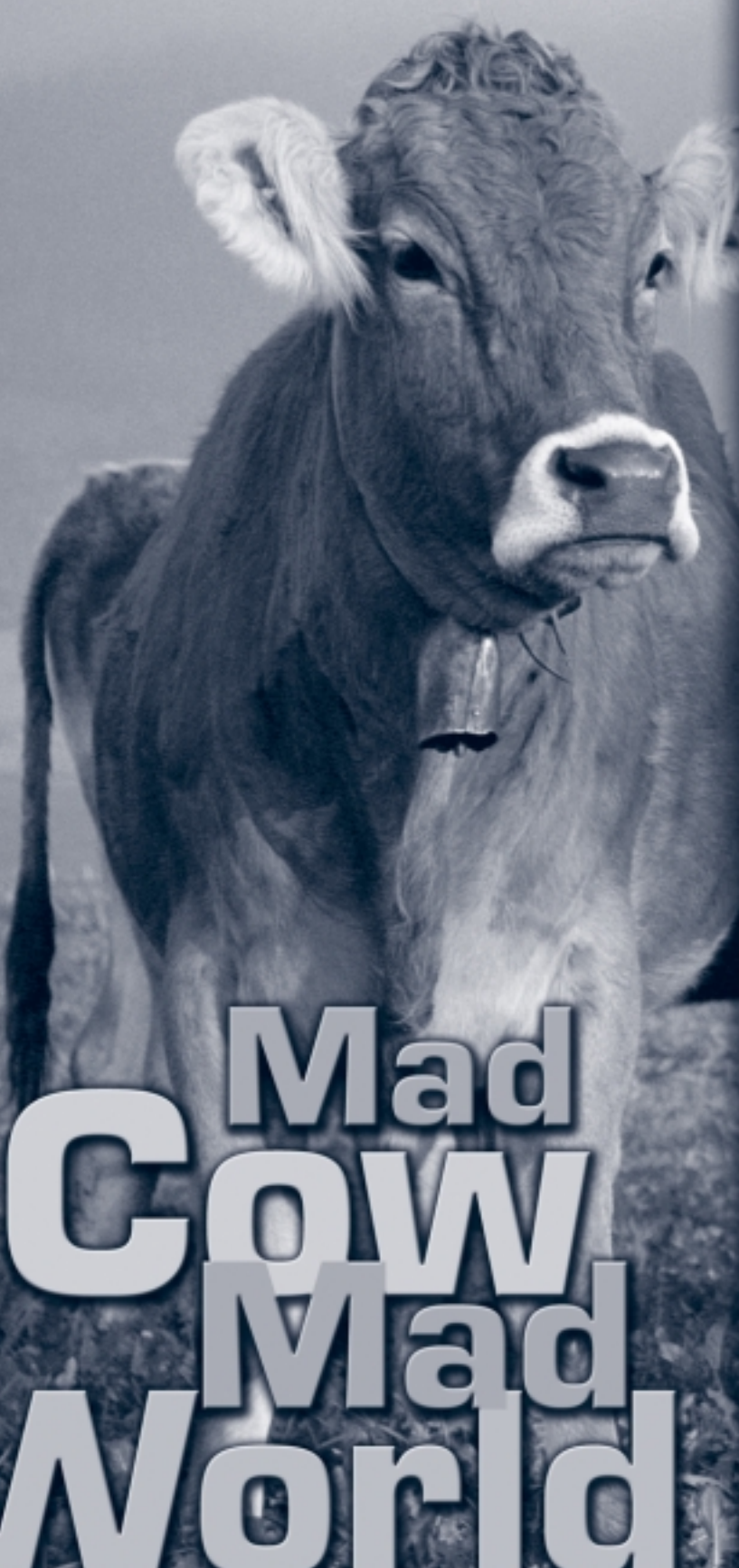
Lifelong Vegetarians

Fernanda is a life-long vegetarian, which we thought would be a good fit for our household, as our own children (though younger) are also life-long veggie kids.

Reveals Fernanda, "Before I got to America I thought that my vegan host family would just eat lettuce and carrots. I thought maybe I wouldn't get used to the food. But the food is amazing. We don't have the kind of variety of vegan food in Brazil that the Americans have. It's very easy to be vegan in America." Her favorite restaurant here, ironically enough, is a vegetarian Chinese joint. Everyone knows you need to travel to California to get good Chinese!

Francisco, Fernanda's father, became vegetarian at the age of 9. Thirty-five years ago his father, Raul, decided that he no longer wanted to eat animals out of a desire to "live and let other beings live." Raul had also learned about the health benefits of avoiding meat consumption. He informed his young children that he believed that all the cruelty involved in the death of the animals remained in the bodies of the animals, and that those energies could be absorbed when people eat meat. This caused a big change in Francisco and his entire family's way of thinking. Prior to Raul's transformation they had given little thought about what they were eating, but now they all decided to become vegetarian.

Continued on p. 22



Mad Cow disease (Bovine Spongiform Encephalopathy-BSE) has escaped from England and now is causing panic throughout Europe. The consumption of beef has fallen as much as eighty percent in some areas of France. In Germany, Chancellor Gerhard Schroder has suggested banning factory farms; his wife, Doris, has stated in the press that "something has to be done." Housewives across Europe are wondering what they can safely feed their families.

The cattle industry has portrayed this problem for many years as being confined to the English island and that, therefore, no one else should worry. Their view has proven to be dangerously shortsighted and now all countries are desperately rethinking food safety. This disease, with a human incubation period of ten to forty years, makes the plague look like child's play.

A small vocal minority has been warning for years that the transfer of this animal disease to humans – in the form of a new variety of Creutzfeldt-Jacob Disease (nvCJD) – could lead to massive human suffering and deaths. England states today that there is a 99% certainty that nvCJD comes from cows with BSE. Relatives of victims in France who have died of nvCJD are suing the government for failure to take adequate measures against BSE and for covering up the extent of the French epidemic. CJD in all forms is 100% fatal.

BSE was first identified in England in 1986. By 1990 it was classified as an epidemic and by 1996 over 1000 cows a week were confirmed with the disease. In an attempt to control the problem, the English government destroyed over 4.5 million cattle and incinerated them at a temperature of 1100 degrees centigrade. The resulting ash is still considered infectious and is stored in WWII blimp hangers. In December 2000, the European Union declared that all animals of thirty months of age must either test free of BSE or be destroyed. At \$25 per head, it will cost an estimated \$375 million to test the entire EU herd. Moreover, experts estimate that up to three million infected cattle will need to be destroyed at an additional estimated cost of about \$3.5 billion.

Mad cow disease has been shown to have some very disturbing properties. It can be passed from the mother to the fetus in the womb; it can be passed from a bull to the cow through the sperm. It can be passed from one species to another quite freely by transfusion of contaminated blood or consumption of infected material. It takes an amount of infected material about the size of a peppercorn to infect an animal. Tests have shown the disease to remain active when buried in the soil for years. BSE is extremely resistant to high temperatures; it is unaffected by radiation, laboratory solvents, and bleaches. In other words, it appears to be virtually indestructible.

Mad Cow Mad World

HSAVE SPECIAL REPORT

By Howard Lyman, EarthSave President

Cases of BSE have been confirmed in England (177,288), Ireland (522), Portugal (462), Spain (2), France (124), Belgium (10), Switzerland (357), Germany (6), Canada (1), Netherlands (6), Denmark (2), Italy (2), Luxembourg (1), and in the Azores. It can be assumed it's only a matter of time before all countries that have engaged in the practice of feeding animal protein back to cattle will join the list of problem nations.

An infected cow shows the symptoms of BSE four to seven years after the time of infection. In the United States, the average age of cattle ranges from four to five years. This could be a major reason why we haven't confirmed the disease yet, but it doesn't mean it's not here.

The family of spongiform diseases of which BSE is a member is called transmissible spongiform encephalopathy (TSE). The United States has confirmed several TSE diseases. In mink it is called Transmissible Mink Encephalopathy (TME); in sheep, Scrapie; in deer and elk, Chronic Wasting Disease (CWD). All of these are found in North America.

In 1998, the State of Colorado required successful hunters to remove the head of all large game and send it to the State for testing. Five percent of the heads received tested positive for the spongiform disease, Chronic Wasting Disease (CWD). Upon completion of the test, the state failed to relay the deadly information to the hunters even though they had their addresses. Dr. Mike Miller, a veterinarian at the Colorado Department of Wildlife said, "We don't think the problem is a big deal." Instead, the State of Colorado is now advising hunters to wear rubber gloves, particularly when cutting brain and nerve tissue where the infectious material is apparently concentrated. In 1999, Wyoming conducted a test on its deer herd in which fifteen percent tested positive for CWD. Montana was forced to destroy a herd of elk when it showed the symptoms of CWD.

Thirty-nine states in the U.S. have confirmed cases of scrapie in their sheep herds. In Vermont, a farmer imported milking sheep from Belgium to produce cheese. The United States Department of Agriculture tested those sheep and reported they were incubating mad cow disease (BSE). This touched off a firestorm of legal activity when the USDA wanted to destroy the entire herd. While scrapie in U.S. sheep was common, this was the first time we found sheep carrying the cow form of encephalopathy.

The lesson we should have learned from England is that what the animals are fed makes all the difference. Although England banned the practice of feeding ruminants to ruminants – (cows, sheep and goats back to cows, sheep and goats – as we have done in the U.S., the farmers and feed manufacturers continued to violate the regulations. It was only when England banned the feeding of *all* animals back to animals that they were able to slow the amplification of mad cow disease.

Today in England, no animal over thirty months of age is allowed into the food supply. All brain, spinal cord and organ material is excluded from sale to consumers and no meat is served on the bone any longer. Moreover, Britain has now called for country of origin labels so consumers will know where the meat originates.

Unfortunately, it is not only what we eat that is of concern. There are products like animal feed and fertilizer that are made from blood meal, meat meal, and bone meal. Gel caps and marshmallows are made from gelatin, which is processed hoofs, hide, and horns. Consumers in Germany are now being told not to eat sausages because many of the most infected parts of the animal are used in their production. Many cosmetics as well as other products we use daily are made from rendered fat. Laboratory tests have shown these products can pass the infectious BSE agent from one animal to another, and humans are likewise susceptible.

In England, over eighty people have died from nvCJD and in France there have been two deaths to date. The French government estimates that between five and ten percent of its population has been exposed to infected meat in the last ten years. Since this disease incubates for ten to forty years in humans, these numbers may foretell a drastic future. Today, most nations will not allow anyone who has recently spent six months in England to donate blood. An English review of surgical instruments used in tonsillectomies found half infected with BSE. There has been a call for replacement of all surgical instruments nation-wide that could cost over a billion pounds.

In 1996 on the Oprah Winfrey Show, I voiced my concerns over our practice of feeding cows back to cows here in the U. S. Members of the cattle industry sued me along with Oprah and her

production company, Harpo, for violating the Food Disparagement Act of Texas. We won after a six-week trial in Federal District Court in Amarillo, Texas. The cattlemen were unsatisfied with the outcome so they appealed to the Fifth Circuit Court of Appeals in New Orleans. We won a unanimous decision after waiting almost a year. The Court's opinion stated that I had told the truth and that the truth was not actionable. The cattlemen, still dissatisfied, ask for a rehearing, which was denied. Although I wish that were the end of the matter, over one hundred other cattlemen filed the same suit in State Court. I'm not a resident of Texas so I have the right to move the case from State Court to Federal Court, which I did, and the cattlemen have also appealed that action. For over four years I have had to retain lawyers to defend my right to tell the American people the truth about the way we are feeding our cattle and the potential threat that practice may pose. Today the legal morass continues.

I'm very concerned about the number of Americans being diagnosed with the dementia disease, Alzheimer's. Since the late seventies the number of cases has increased dramatically. The symptoms of Alzheimer's and nvCJD are very similar. Several studies in the U.S. have shown that between five and fifteen percent of dementia diagnoses were in fact CJD. This could be a ticking time bomb waiting to explode.

The crisis in England has shown us some very useful control methods if we are courageous enough to implement them. First, we must stop feeding animals to animals. Second, we must restrict the use of animal products in our daily life style. If we do neither, we risk making the same mistakes the English have made and we risk achieving the same deadly results.🐄

Also seen in VegNews, January, 2001



Are We

“I understand to some people, I’m just a dirty, tree-hugging hippie, but I can’t imagine being able to take a chain saw to something like this.”

Julia “Butterfly” Hill
(who sat in a 600-year-old redwood tree for two years to save it)

Treehuggers?

Why We Care

By Sabrina Nelson

Years ago, in the earliest days after giving birth to my first children - twin daughters - I was so exhausted I didn't have a moment to think about who I was or what I was doing. I remember a friend calling me who was trying to get pregnant, and asking me, "So, have you changed?" And I said no, I was still the same person, and having these children hadn't really altered me, other than draining me of energy.

But over time, the depth of what I had stepped into hit me, and I began to grasp the immensity of the responsibility I had assumed. And I recognized that I had, in fact, been transformed in many subtle ways. Prior to giving birth, I didn't know when you picked up your crying newborn that she immediately recognizes you, her mother. That when she touches your skin and smells you, she suddenly melts into you, and every bit of tension in her little body disappears. She didn't do this for anyone else. I felt as protective as a fierce mother bear.

There's no way I could have known what having children would do to my consciousness. Powerful concerns developed as my children did, motivating me to take action: We have to get a safe baby seat; we need to get a safer car; we've got to move to a safer neighborhood; we need to find a good school, and so on.

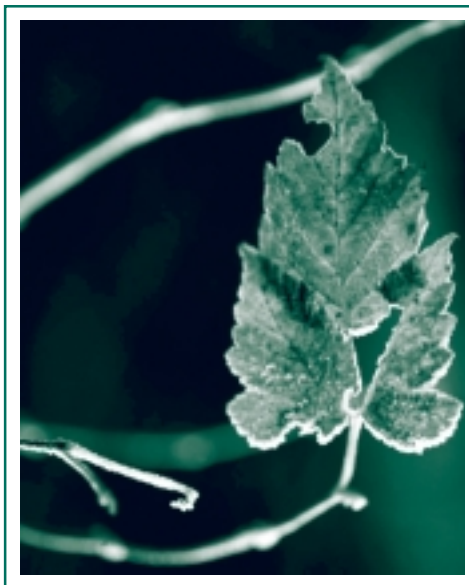
It takes time to notice when you've changed. There's a process you go through. There's ignorance; there's education; then awareness; deeper understanding; and finally there's action. After having read so many piles of parenting books, I recognized that there was no way to fathom what this experience would mean to me. It took a baby's cry to wake me up. I see first hand what it means to raise another human.

Vegetarian Awakening

It was a few years earlier that John Robbins, through *Diet For a New America*, awakened me in a different way. In 1990, after reading Robbins' classic bestseller, my husband Jeff and I both became vegetarian. We read the

same book and stopped eating meat - but for different reasons. The health arguments seemed obvious to Jeff. For me, the appalling conditions of factory-farmed chickens reminded me of the much-beloved pet chickens I'd had as a child. If I wouldn't have eaten my friends then, why was I eating them now?

Five years down the vegetarian path, being veg wasn't something that we thought about. That was just the way we lived. Were we different? Well, we didn't eat meat, chicken or fish, but beyond that we *thought* we were the same people.



Our twin girls, then two, were thriving and I was five months pregnant with my son. During what should have been a peaceful, happy time, I was hit in the head — literally — by another life lesson. One night I awoke screaming in pain because of what felt like a severe sunburn on my ears. I went to the bathroom mirror and it looked like my ears were bubbling with blisters. I thought I was having an allergic reaction to some shampoo.

Some months and several doctors later, I was diagnosed with a rare autoimmune disease. I was told it was progressive, incurable and potentially fatal, but that they could teach me how to live with the symptoms. Whoop-did. I was given a steroid called Prednisone in

my first visit - whose side effects over time can be worse than the disease itself.

It wasn't until ten months later that I read a book by John McDougall, MD, that had been sitting for a year and a half on my bookshelf. In it, he mentioned autoimmune diseases in the Lupus family (like mine), and said that dairy could be a factor.

Sure, we'd run into some people over the years who had railed at us about the dangers and cruelty of dairy. But I tend not to believe or listen to people who scream at me. Dr. McDougall's calm, matter-of-fact tone had the same impact that John Robbins' *Diet for a New America* had had on me. With Robbins I became an instant vegetarian; with McDougall I instantly adopted a vegan diet.

One month after dropping dairy, this horrible disease went into remission, where it has stayed ever since. I went from no hope to new hope.

You can't go through the diagnosis and subsequent conquering of a scary, major disease, and remain unchanged. I prayed a lot when I was sick. I wanted to be there for my kids and my family. I couldn't with this disease. I made a promise to God (several times, actually) that I would help others in whatever way I could, if only I could get better.

Stumbling Toward Activism

A month after my disease went into remission, my husband and I opened a website to promote plant-based eating. We also put up a website called RelapsingPolychondritis.com. — named for the disease I beat. Through that website, I have come in contact with hundreds of others suffering from that debilitating disease, and with Dr. McDougall's help have been doing support work, turning other people on to plant-based nutrition, and following their progress as they improve — some as dramatically as I have.

I put up my personal story on the Internet despite the fact that I'm a private person who, when first diagnosed, never even told any



one outside of my immediate family members that I was sick. I could barely admit it to myself. But because I got well, I felt it would be unfair of me if I failed to share my experiences, as others might have a shot at regaining their health too.

My husband and I joined EarthSave for the same reasons we opened our websites; it offers a wonderful opportunity to help others, and to help ourselves. Our concerns have grown beyond safe car seats, etc., — we want to help ensure that our kids grow up on the healthiest, safest planet possible.

Preserving Our Treasures

While traveling to Yosemite over the winter holiday, we marveled at this National Park's grandeur. I feel an immense gratitude that it's there, that something like it exists. I'm grateful that people in the past peered into the future and comprehended that this spot on Earth was special, and needed to be preserved. I'm thankful that I could and can share something so awesome with my children.

To me, our entire planet is Yosemite. It's a very special place — and it's not infinite. According to the "Living Planet Report 2000" published last October by the World Wide Fund for Nature: "If people in the developing world gobbled up the same amount of natural resources as people in wealthy countries, the human race would require two additional Earths. In particular, the United States, Canada, Australia and Germany are devouring far more than their earthly share."

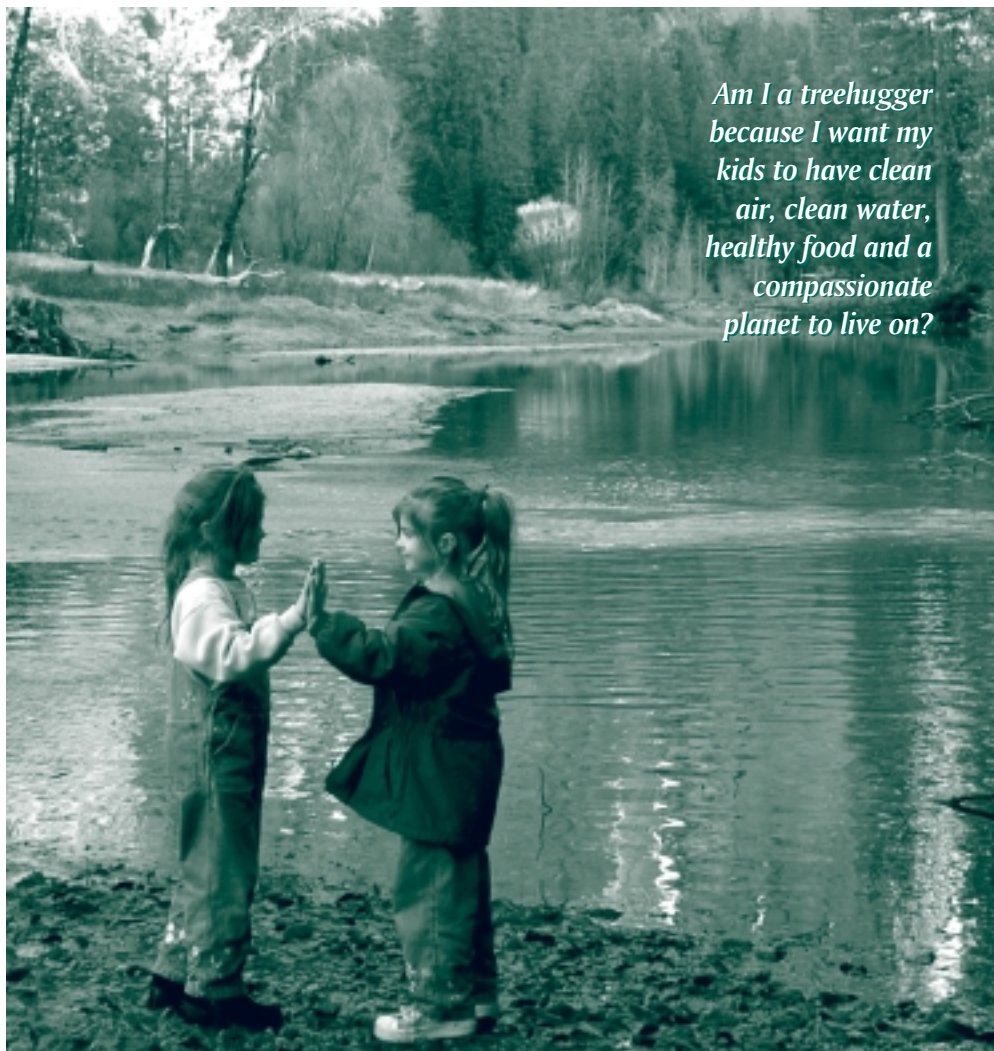
One of the reasons EarthSave exists is to educate people about the fact that by shifting away from animal-based agriculture, perhaps we will be able to live on the resources of one planet, rather than three. This is thinking today about the future of our world, the same way caring people considered the future of Yosemite, back in 1864.

Looking Ahead

I think about the future, all the time. This is one reason I'm an EarthSave member. I care about the health of the people I love; I care about the planet; and I care about the creatures we share this world with. The EarthSave mission is to safeguard the things that are important to me.

The tone of EarthSave is also very appealing to me. Quoting the EarthSave chapter manual:

We strive to be nonjudgemental, to accept people wherever they are on the food-choice continuum.



Am I a treehugger because I want my kids to have clean air, clean water, healthy food and a compassionate planet to live on?

EarthSave is an inclusive health and environmental education organization. People come to EarthSave and more plant-based food choices for many reasons — for their health, the environment, for the animals or spiritual considerations. Eventually many embrace the other reasons in addition to their original interest. EarthSave is open to all people who embrace our basic message that what we eat affects our own health and that of the planet.

On our vegetarian website trolls occasionally get a kick out of posting such messages as, "If God didn't mean for man to eat animals, why did he make them out of meat?" or "You're a bunch of bleeding-heart, liberal treehuggers who care more about spotted owls than people!" Accusing someone of being a "treehugger" is supposed to be an insult.

Am I a treehugger? Am I a treehugger because I want my kids to have clean air, clean water, healthy food and a compassionate planet to live on? Does being a member of Earthsave make me a treehugger? Does giving a damn at all tar me with that name?

Honestly, I don't have time (or the inclination) to go out and sit in a tree, ala Julia Butterfly Hill, in order to make a statement — however powerful that statement may be. But I can invite people to my home for a vegetarian potluck. I can take a friend or two to a vegetarian restaurant, and let them see how delicious vegetarian food can be, and perhaps steer them toward the passage I began 10 years ago, a course triggered by my reading *Diet for a New America*. I can belong to EarthSave. This is *my* personal statement.

If my desire to take an active part in Earthsave's critical mission makes me a treehugger in the eyes of some, I'll wear that label proudly. 🌱

Sabrina Nelson is the WebWitch at VegSource.com and is a lifetime member of EarthSave International. If you're interested in supporting the EarthSave mission as well, see the membership form on page 24, or call 1-800-362-3648.



From other EarthSave Members

"I stay a vegetarian because of the horrific way meat animals are treated. It is so far beyond inhumane, it is revolting. With information from EarthSave, I have been able to gently influence others' perceptions, and now have two old friends who are new vegetarians, one for health reasons, the other for the love of animals. EarthSave makes a difference."

Jodi L. Daly,
Fallbrook, CA

"Eating less or no meat is responsible and healthy. I feel like I'm loving my world."

Makiah Wenger,
Salt Lake City, Utah

"I am an Earthsave member because it is important to me to be part of an organization that not only supports a plant-based diet for the environment and health, but also educates people about it. I think education is the most important thing an organization can do, especially in an intelligent manner, instead of using shock effect the way other organizations do. Earthsave is good about reaching people in a manner that is not offensive, and in my opinion this can be a good way to have people be more open to being educated on the benefits of a plant-based diet."

Cherrie Jacobsen,
Olympia, WA

"Six years ago, my husband took early retirement at 51 and we decided, as a family with young children, that we would live in a way that was kind to the earth. We grow our own vegetables to avoid the pesticide build up on our food, and the damaging effect it has on the soil. We hope that our lifestyle is as healthy as we can make it, and our motto is to tread lightly on the earth and to reduce reuse and recycle all that we can."

Jan Bird,
*from a small village
near Birmingham, England*

"What I love about EarthSave is that there is room for all those who care to learn, to share, to act on what we come to know."

Larry Fried,
Seattle, WA

HEIDI HOWE

Viva Veggie Musica!

By Audrey E. Nickel

Size isn't everything. That's your first thought upon meeting singer/songwriter Heidi Howe, a petite blonde whose powerful voice is "big enough to fill a stadium" according to Cheryl Chastine of *Louisville Music News* (Louisville, KY, August, 1999). You'd never guess, just by looking, that this small but mighty Louisville native and EarthSave member has a voice that has totally rocked the highly competitive Louisville nightclub scene.


Howe, 25, produced her first CD, *The Nature of my Wrongs*, in February, 1999. The original songs on the album are based on Howe's own experiences and what she has learned from them. With the assistance of some very talented local musicians and artists (including violinist Peter Rhee, who has accompanied such notables as Shawn Covin and Michael Stipe; and Tim Krekel, a songwriter for Patty Loveless, Martina McBride and Delbert McClinton, and co-performer with Billy Swan and Jimmy Buffett), Howe has managed to produce a soul-searching and heart-warming album that has been overwhelmingly well-received by Louisville-area audiences and critics and was picked by Marty Rosen of LEO as one of the Top Ten Albums of 1999 (*Courier-Journal Scene*, 12/25/99).

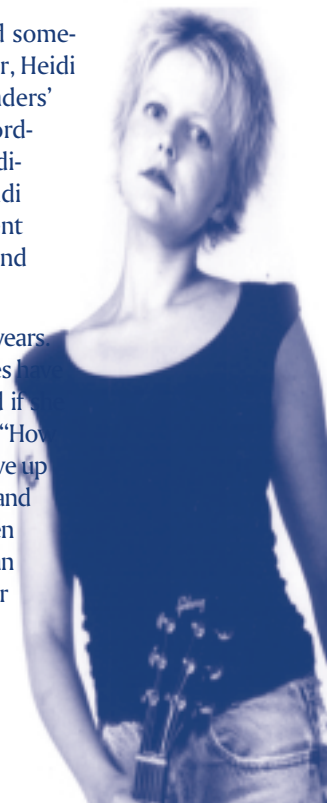
Howe's musical roots run deep. She first became interested in singing and songwriting while listening to old records with her father (though having a mother who is an award-winning music teacher didn't hurt either!). She describes her music as "Americana...kind of eclectic." She is currently involved with recording her second CD, *A Real Piece of Work*, to be released in March, 2001, on Ear X-tacy Records. When asked if she has any special plans for her career and her music beyond the release of the new CD, she replied "Yes...and somewhere God is chuckling at me and making the REAL plans".

Howe has performed at various nightclubs in Kentucky and in Seattle, WA, which she called home for about five months. After returning to Louisville for a CD release party in June of 1999, she found a fan base she didn't even know existed. Since moving back to Louisville, Howe has opened for several noteworthy musicians including Billy Jo Shaver, Dan Bern, and Sisters Wade. She has appeared on local radio and television programs and her songs are frequently requested on local public radio station, WFPK. She also was chosen to be the featured artist for the January, 2000, issue of *Louisville Music News*.

Howe is popular in her hometown, performing often acoustically and sometimes with her band, The Backseat Drivers. In their short time together, Heidi Howe & The Backseat Drivers have already received the LEO 1999 Readers' Choice Award for Best Country Band and Best Original Music Act. According to Marty Rosen (LEO 11/10/99), Heidi Howe is an "...imaginative, idiosyncratic musician who can hold her own in any genre." "...[Heidi Howe's] take on country pushes into the recent Americana movement and her lyrics have a subtle, witty, feminist slant toward relationships and the music business." (Paul Curry - *The Courier Journal*).

Howe has been a vegetarian for 12 years, and a vegan for the past seven years. She initially became a vegetarian for animal rights reasons, but her motives have expanded to include the environment and her own health. When asked if she had any philosophies she'd like to share about vegetarianism, she replied "How absurd it is that we could feed the whole freakin' world if people would give up their Big Macs and Chicken nuggets! Also...when you hug your kids and grandkids and tell them that they can be anything they want to be when they grow up, reflect on what you are doing to make sure they have a clean world to grow up in." Heidi is donating a portion of the proceeds of her upcoming CD, *A Real Piece of Work*, to EarthSave. Support the planet and entertain yourself at the same time by purchasing a copy today.

For more information on Heidi Howe's life and music, including information on her performance schedule and where to purchase her CDs, visit her website at www.heidihowe.com 





EarthSave Twin Cities

EarthSave's Twin Cities chapter serves the Minneapolis/St. Paul metropolitan area, Greater Minnesota, and Western Wisconsin. After a brief hiatus, the Twin Cities group reorganized as an EarthSave Branch back in May, 2000, led by a dedicated and enthusiastic group of local EarthSave members, under the leadership of former local Chapter Director, David Schmit. The Twin Cities group has grown from a handful of local members to more than 60 during its months as a branch, and in January, 2001, the group rechartered as a local EarthSave chapter.

The Twin Cities group holds regular monthly potluck dinners based on a theme, or held in conjunction with a speaker or video viewing. The local group meets on the second Sunday of every month at St. John's Lutheran Church in Minneapolis, and also sponsors monthly community dine-outs at one of several veg-friendly restaurants within the Twin Cities area.

Since its rebirth, EarthSave Twin Cities has also hosted many special outreach events, including a Howard Lyman speaking event in July that attracted more than 125 people from all over the area. In November, the group held its annual Turkey-Free Thanksgiving dinner, which attracted more than 50 people. They have also sponsored several outreach events throughout the area, and have planned tabling efforts for the many Twin Cities natural food cooperatives — reaching thousands of people with the EarthSave message.

Connie Bendickson is the chapter treasurer and an accountant by trade. She recently constructed the EarthSave Twin Cities website located at <http://twincities.earthsave.org> and is excited to be part of this growing and committed group.

Nancy Flom is the Special Events and Club EarthSave (member discount program) Coordinator for EarthSave Twin Cities. She is a teacher, and she especially enjoys educating and inspiring




people of all ages about a plant-based diet. Nancy has found that, because we are often meeting new people, that “next person” we might meet at a local event may be someone who is waiting to be “inspired!”

Gabriele Kushi serves on the EarthSave International Board of Directors and resides in the Twin Cities area. She is the founder of Kushi's Kitchen, Inc., and is a macrobiotic teacher, cooking instructor, counselor, and personal chef with more than twenty-five years of experience with whole foods.

Charlene May is a core group member who has been active with EarthSave since 1995. She works as a workers' compensation representative in Minneapolis. Charlene started rethinking the effects of our diet and exposure to elements in our environment after her father passed away from cancer.

Dean Montour serves as current Chapter Assistant Director, and operates a small organic produce farm on the northern outskirts of the Twin Cities metropolitan area. He believes that the most effective way to help others change their unhealthy eating habits is by being a personal example of someone who eats compassionately and is healthier and happier for it.

David Schmit is the current volunteer Chapter Director and previous chapter Executive Director from 1994-95. At the age of 75, David is EarthSave International's oldest chapter leader. As a retired educator, artist, and designer, he continues to lead by example in his personal community advocacy efforts to raise awareness on social justice issues, as well as inspire and empower others to take compassionate action toward all life on Earth.

Diana Turner handles marketing, promotion, and membership for the chapter. She is currently developing a public lecture series about the benefits of a plant-based diet and eating as a moral act, as well as coordinating a local chapter speakers' bureau. 

VEGPLEDGE! Update

Wildly successful following its April

2000 official debut at Taste of Health in Louisville, KY,

EarthSave's *VegPledge!* dietary transition

program continues to make a global im-

act. At this writing,

nearly 6,000 people world-

wide have pledged to take

steps toward a plant-based

diet, with more than 95% of the

those taking the *VegPledge!* online at www.vegpledge.com

We have received pledges from all 50 U.S. states, from

Puerto Rico and Guam, and from all provinces in Canada,

as well as applications from 34 countries on 6 out of 7

continents (no Antarctic penguins weighing in yet, but

you never know!). Shifting towards a plant-based diet

benefits the Earth and all its inhabitants, and the *VegPledge!*

program is proving very effective in helping many do just

that.

The *VegPledge!* program encourages people to take one

of three “pledges” over a 60-day period – The Transition

Pledge, the Lacto-Ovo Pledge or the Vegan Pledge. To

date, 43% of *VegPledge!* participants have taken the Tran-

sition Pledge, in which individuals reduce the amount of

meat and dairy in their diet; 26% have taken the Lacto-

Ovo Vegetarian Pledge; and 27% of the participants have

taken The Vegan Pledge. In conjunction with the

VegPledge!, EarthSave produced the *Healthy Beginnings*

Care Package, the most comprehensive and easy-to-un-

derstand vegetarian starter kit available. Pledge partici-

pants receive a free copy of this useful 34-page informa-

tion and recipe booklet, which is also available for pur-

chase for \$2 per copy.

The *VegPledge!* has received considerable support the veg-

etarian community. *Vegetarian Times* magazine has com-

mitted over \$100,000 of in-kind donations to help pro-

motivate the program, and has also supplied back issues of

the magazine to include in the *VegPledge!* support pack-

ets. VegSource.com, the highest-trafficked vegetarian

website, has provided server space, web design and ad-

vertising services. “Ginny's Vegan,” a packaged foods com-

pany (see story, p. 8), has contributed \$5,000 to help print

the *VegPledge!* promotional T-shirts. In addition, count-

less individuals have made financial contributions rang-

ing from a few dollars to several thousand dollars to help

keep the program going and growing. Many other have

volunteered to help “Spread the Pledge” by distributing

flyers and posters.

The vast majority of those completing the 60-day pro-

gram report positive, permanent changes to their diets.

The reasons for taking the *VegPledge!* are as varied as the

people taking it: health, animal welfare, the environment,





Special Thanks to Audrey Nickel

EarthSave's immediate past Executive Director, Audrey Nickel, is staying on our "team," working now with this quarterly newsletter. Audrey's tenure as director came at a critical time when the office was moving from Seattle to Santa Cruz. She did an amazing job of handling the move (which she and her Dad literally did themselves) and keeping the office going—without a delay in operations.

"I'll miss Audrey's participation in the day-to-day business of EarthSave," said Jeff Nelson, EarthSave's chair-elect on the board of directors. "And I'll especially miss her midnight emails! Audrey kept going, way beyond the call of duty. I'm just glad that we get to work closely with her on the newsletter team."

At the leaders Summit in October of last year, EarthSave's President, Howard Lyman, awarded Audrey with a special recognition for her dedication and talent. "She'll go down in history as one of the most important people in this organization. She juggled a million things at once at a critical time for EarthSave."



"What I like best about EarthSave," says Audrey, "is its compassionate, reasoned approach to the topic of vegetarianism." Audrey says she would love to see EarthSave broaden its message and its audience. "I'd like to see some emphasis placed on the role of a plant-based diet in alleviating world hunger (a subject that's near and dear to my heart). So much can be accomplished in this vein, if those of us in the developed world can learn to eat lower on the food chain and teach others to do the same!"

Audrey also hopes to someday see EarthSave begin reaching out to the religious sector. "Particularly those religions that have historically been less supportive of animal rights and plant-based eating," she says. "It would be wonderful to see EarthSave reaching out to the churches, synagogues and temples of the world's religions with the same compassionate, non-judgmental, reasonable approach we use with the general public."

EarthSave will always be grateful to the incredible dedication Audrey has to the EarthSave mission. 🌱

VEGPLEDGE! continued

the planet's future. At the end of the pledge period, participants are asked to fill out and return to EarthSave International a response form describing their experiences with the *VegPledge!* Participants filling out the response form receive a complementary three-month subscription to *Vegetarian Times* magazine, and with a membership at the \$35 level or greater, a free *VegPledge!* T-shirt (participants who are already EarthSave members may purchase a shirt for a \$20 or greater donation).

EarthSave needs continued support to reach more and more people with the *VegPledge!* If you are a participant in the program, please share the *VegPledge!* support materials and information with family, friends, co-workers, neighbors — anyone who may be open to considering improving their diet — and encourage them to take the *VegPledge!* themselves. If you can, please consider making a tax-deductible donation to EarthSave International today to keep this remarkable campaign alive (indicate "*VegPledge!*" on your check or money order). We thank you for sharing...and for caring! 🌱

To take the *VegPledge!*, visit our website at www.vegpledge.com. If you don't have access to the web, contact us at 1509 Seabright Ave., Ste. B1, Santa Cruz, CA 95062, and we will send you a *VegPledge!* form.

Meet EarthSave's Executive Director

Michelle Larson-Sadler became EarthSave International's Executive Director in November of last year. Most of our chapter leaders have "met" Michelle through the internet over the past several months. This enthusiastic, dynamic leader had been a dedicated core group member with the EarthSave Twin Cities chapter until she moved to California. In Minnesota, she participated in chapter operations, community relations, chapter programs and events, and local fundraising. Michelle also volunteered at the national level with the development of the EarthSave website.

Michelle recently took charge of re-organizing the San Diego chapter, which has since become our largest growing chapter. Under her leadership, a revitalization has occurred at every level of the chapter. Because of her enthusiasm and talent, Michelle was invited last year to join the executive committee of the board of EarthSave International.

"Michelle has as much experience, knowledge and enthusiasm around the mission of EarthSave as anyone I've ever met. She's super-organized and hyper-motivated, and, it's rubbing off on all of us!" said John Borders, EarthSave's chair of the board of directors. "Under Michelle's leadership, we will see



EarthSave move to a new level of effectiveness."

A Golden Key Scholar, Michelle holds a B.S. in Nutrition and Food Science from the University of Houston and a B.A. in Women's Studies from the University of Minnesota. Her areas of expertise are in vegetarian food science and recipe development (see

her wonderful recipes on page 7); natural nutrition and lifestyle education; consumer trends and consumption behavior; and operations management and marketing.

"I hold a deep commitment of service to the board, the chapters, and the members of this great organization, and I value the opportunity to be an integral part to further the EarthSave mission to educate, inspire, and empower individuals toward a plant-based diet and to take compassionate action for all life here on Earth," said Michelle.

Michelle resides with her husband Craig, miniature dachshund companion Dody, and cat friend Flumpy. In her spare time (ha!), Michelle enjoys organic gardening, aerobic exercise, team sports, internet technology, and, of course, cooking! The chapter leaders were treated to her gourmet cuisine at the EarthSave Summit in Massachusetts last October. Welcome Michelle! 🌱



BECOMING VEGAN

By Brenda Davis, R.D., and
Vesanto Melina, M.S., R.D.
2000, by Book Publishing Company,
Summertown, TN.
Soft cover: \$16.95.
ISBN 1-57067-103-6

Are you a vegetarian seeking to reduce or eliminate eggs and dairy products? An omnivore interested in exploring a plant-based diet? A concerned relative or friend seeking assurance that an entirely plant-based diet is safe for your vegan loved one? Perhaps you're a seasoned vegan looking for information on how to improve your diet, or reassurance that your choice is the right one for yourself and for your family...or maybe just advice on how to get along as a vegan in a decidedly non-vegan world. Wherever you are on the food-choice continuum, this book by two of North America's foremost vegetarian dietitians is a must-read.

A followup to the authors' wildly popular book *Becoming Vegetarian*, *Becoming Vegan* offers a wealth of reliable, up-to-date information on diet and nutrition, as well as social and psychological aspects of this life choice. Highlights of the book include:

- A unique and thought-provoking look at the relationship between diet and chronic disease and the protective effects of vegan diets against the leading killers.
- One of the most convincing and well-researched explanations on why plant proteins are both adequate and preferable to animal protein as the major protein source for humans.
- The most comprehensive examination of dietary fat and essential fatty acids for vegans written to date.
- A thorough and practical discussion on all of the vitamins and minerals of concern to vegans, including calcium, iron and vitamin B12.
- Invaluable guidelines for people at various stages of the lifecycle: pregnancy, lactation, infancy, childhood, adolescence and the senior years.
- A detailed and thoughtful discussion on matters of weight and shape, including underweight, overweight and eating disorders.
- Straight-shooting advice about vegan diets and athletic performance.



- An exceptional vegan food guide, helping you design a well-balanced vegan diet.

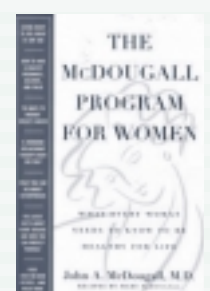
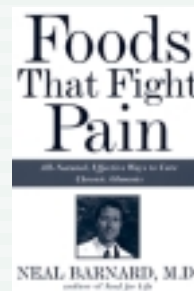
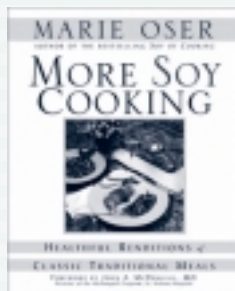
- A lively discussion about diplomacy and how to handle sticky situations gracefully in this non-vegan world.

"Becoming vegan is an expression of one's profound reverence for life. For some, it is a deliberate step toward the preservation of the planet. For others, it is a declaration of respect for all living things. For many, it reflects a commitment to personal health. Whatever the reason, a vegan lifestyle is a huge leap into a world that is very different from the one in which most of us grew up. Every step you take toward a more compassionate world is one of celebration." This statement by the authors in the forward of *Becoming Vegan* sets the tone for the rest of the book, the compassionate, readable, well-researched and clearly laid-out format of which will appeal to readers at virtually any stage of dietary change.

Continued on pg 22

EarthSave RECOMMENDS

Look for these titles at your local bookseller




the Vegan RESTAURANT

Nestled in the midst of the quaint northern shore town of Paia, Maui lies the most unique eatery of its kind throughout all of Hawaii. *The Vegan Restaurant*, a landmark for the last decade in Paia has an exciting new image, with new partners Bill and Marta Greenleaf. Great changes have already taken place. A new décor and air conditioning brings a serene ambiance to your dining experience. Keeping many of the old favorites on the menu, you'll be pleased to see a number of new items as well as daily specials. Marta says the vegan Grilled Reuben Sandwich has been their most popular new seller on the lunch menu. They have also added an on premises baker for their delicious cakes, pies, and cookies.

Bill, who had been a golf professional for 30 years, and Marta, who had been catering and cooking vegan food for several years, decided that they wanted to leave their Westchester, NY home and do something different with their lives. Their philosophy of compassion had led them to a vegetarian lifestyle, homeschooling, and founding a local EarthSave chapter. So it was a natural transition that brought them to the Hawaii with open arms and hearts.

They continue to plan ahead and are working on obtaining Kosher certification and shifting to serving organic produce. They plan to start their own vegan garden in a neighboring town to grow as much of their own produce as possible.

You'll find the *Vegan's* prices reasonable, with lunches under \$7 and most dinners under \$10. The portions are very ample with no one leaving hungry. Their hours of operation are 11am ^ 9pm, 7 days per week, and both VISA and Mastercard are accepted. They welcome and invite all the previous patrons, as well as all their wonderful new friends, to come join them in a very healthy and special dining experience at the new *Vegan Restaurant*. 

GINNY'S VEGAN FOODS

MAKING GOOD EATING EASY

Ripe, juicy organic tomatoes. Sweet bell peppers. Onion, garlic and other delicious vegetables with natural herbs and spices in an aromatic, flavorful main dish. Hearty chili. Mexican Fiesta Stew. Ratatouille.

Sound like treats you'd spend hours concocting in the kitchen to please your favorite dinner guests, yes? Would you be surprised to learn that these delectable main dishes can be found on the shelves of your local natural foods store?

Well...surprise! Ginny's Vegan Foods makes delicious and hearty vegetarian cooking as easy as opening a jar.

Ginny Mead, the founder, owner and head chef of New Hampshire-based Ginny's Vegan, used to eat meat. That all changed when she visited a confinement farm about 12 years ago, where she saw chickens and hogs who never saw the light of day or breathed fresh air.

"Something changed inside of me," she says, "and I knew I could never eat another animal." Her quest for a delicious and nutritious plant-based diet has led her to create a line of vegan meals that are all-natural, delicious, nutritious and easy to prepare. "It's my way of offering something positive instead of just saying 'don't eat animals,'" says Ginny. "I'll do anything I can to relieve an animal that I believe is being treated cruelly. I think that's my life mission, and this is one aspect of being able to fulfill that mission."

Ginny's current product line includes flavorful Roasted Pepper Chili, smoky mesquite-flavored Mexican Fiesta Stew, Savory Soy Chili, and Classic Ratatouille. All of her products are 100% natural, high in fiber, low in fat, and completely free of meat, eggs and dairy products. They rely on individual spice blends rather than salt or citric acid for their rich and satisfying flavors. They are also certified Kosher and pareve by the Rabbinical Council of New England, which makes them suitable for just about anyone



on your guest list. Best of all, they are ready to serve in 3-5 minutes...by themselves, over rice or pasta, in a tortilla, or with your favorite bread and salad.

And they ARE delicious! Eileen Alexander of the *Coos*

County Democrat of Lancaster, NH, describes them as "quite tasty, and nicely spiced." The Mexican Fiesta Stew appears to be a favorite, and has been described by Lost Nation's Lucy Wyman as having "a real strong identity."

Not one to rest on her laurels, Ginny is in the process of developing at least two new entrees with origins in Indian cuisine: Gingered Vegetables with Soy and a curried garbanzo bean (chick pea) recipe.

Ginny's Vegan Foods products are currently available in 155 natural foods stores and co-ops throughout New England and as far west as Ohio, attractively packaged in wide-mouth glass jars for easy pouring and heating. Although these products are eminently suitable for vegetarians and vegans, that is not Ginny's primary market. She hopes her products will also appeal to omnivores who want to eat more healthy foods and integrate more vegetables into their diets. With such tasty and easy vegan products available, just about anyone can find it easier to eat lower on the food chain...and enjoy it!

If you can't find Ginny's Vegan Foods in a store near you, visit her website at www.ginnysveganfoods.com for information on ordering (and, while you're at it, encourage the management of your favorite natural foods store or supermarket to write Ginny at Box 91, Lancaster, NH 03584-0091 or call 603-788-3975 for information on stocking her products). 

Ginny doesn't confine her activism to the kitchen! She recently contributed \$5,000 to EarthSave International to help promote our VEGPLEDGE! program (see story, P. 18). Yet another good reason to patronize her wonderful company and sample her fantastic entrees!



Book Review (Continued) Being Vegan

Starting with the history of vegetarianism and veganism in the Western world, *Becoming Vegan* provides comprehensive and well-documented information on virtually every topic of interest to vegans and those who love them — nutritional basics (including specific information on protein, minerals, vitamins, fats, carbohydrates and phytochemicals), a vegan food guide (including information on how to construct a healthy vegan diet for every stage of life, from conception through old age), and special chapters for people struggling with weight issues, eating disorders or the issue of diet and athletics.

The book concludes with a chapter on vegan diplomacy that should be required reading for anyone holding a strong ethical conviction. “Diplomacy is the fine art of honoring your own ethical principles and social consciousness without judging, condemning, or otherwise injuring another person,” say the authors. “Since people who follow a vegan lifestyle aspire to practice ‘harmlessness,’ being a vegan diplomat requires avoiding insult, contempt, and intimidation in one’s interactions with others.” Excellent advice for those living in an often uncomprehending and occasionally hostile world!

People who value easy reference will find the wealth of well-designed graphs and tables particularly useful. The resource guide, substitutions table and basic shopping list in the appendices are especially good tools for the beginning vegan. 🌱

Brenda Davis is Chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. Vesanto Melina is a coordinator of the vegetarian section of the Manual of Clinical Dietetics, 6th edition, a joint project of the American Dietetic Association and Dietitians of Canada and a coauthor of Cooking Vegetarian. Both Davis and Melina are registered dietitians and coauthors of the bestseller Becoming Vegetarian. For more information about the authors, as well as about Becoming Vegan, visit their website at www.nutrispeak.com/bvegan.htm.

Our Brazilian daughter (continued)

Fernanda’s grandparents, parents, brother, aunts, uncles, cousins are all vegetarian, many, like Fernanda, since birth. Fernanda believes that being vegetarian in Brazil is normally not complicated. Most of the restaurants have good meatless options, and living in a tropical country means they have many vegetables, grains and fruits available year round.

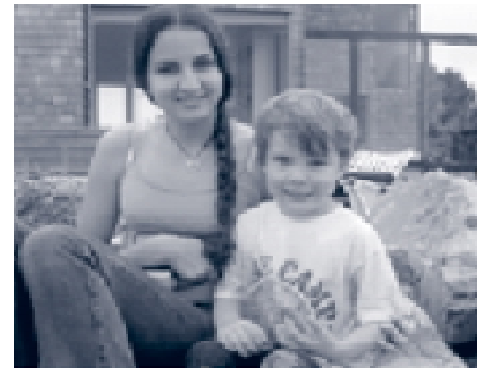
Francisco and Marisa, Fernanda’s mom and dad, came to the United States for a convention in Las Vegas in October, 2000. Luckily they were able to stay with us for a few days, and we had the pleasure of becoming acquainted with them as well (anyone who comes to our house has to do the vegan restaurant tour — Follow Your Heart, Canoga Park; Vegetable Delight, Granada Hills; and Cafe Bellissimo, Woodland Hills).

We compared notes on being vegetarian in our respective countries, and Francisco said he found no significant social drawbacks in Brazil to being vegetarian.

“On the contrary,” he informed us, “the image of a vegetarian person is associated with somebody that takes care of his health.” In the past, many expressed worry to him about the “lack of protein” in the vegetarian diet. But after decades of vegetarianism Fernanda and her family are pictures of perfect health, and Francisco said that many Brazilians have changed their minds about his lifestyle.

“We accept the way people eat and we expect the others to do the same with us,” explained Francisco. “Sometimes we ask people to imagine all the animals they eat in all their lives, and we ask them how many lives were eliminated just because of their way of living. Normally, most of the more educated people we meet and know in Brazil admire our way of living, and we have influenced people to become vegetarians.”

Francisco and Marisa travel frequently to the United States, Europe, Asia and even Africa. “In recent years, we have been seeing more and more people becoming vegetarians in Brazil and in other countries,” Francisco revealed. “We see a growing number of young people becoming vegetarians or, at the very least, not eating red meat (even though meat in Brazil is less expensive than in many other countries). Many restaurants and bars in Brazil offer vegetarian options today. Mad Cow Disease has also prompted many to rethink and improve their diets.”



Opening Your Home and Your Heart

Having Fernanda come live with us has vastly enriched the lives of our family members, and we’re not just talking about the occasional free babysitting. Fernanda is truly part of our family now. Long after she returns home, she’ll be in our hearts.

Says Fernanda, “I love it here. I miss my family and friends in Brazil, but I’ve grown to love America. I will be very, very sad when it’s time for me to go home. I want to take Randa, Nina and Willie home with me. I just love them, like they are my own little sisters and brother. I don’t have younger brothers and sisters, and every day I have so much fun with them, and laugh all the time.”

Our three are absolutely crazy about Fernanda, and four-year-old Willie has already informed her that he will be keeping her “forever and ever.”

And does Fernanda recommend an AYA experience to her amigos?

“I have told my friends that they should visit America as well, as it’s a fantastic experience, and you get to know another culture, and living in another country without your family and friends makes you more independent. It’s great to visit new places and learn things first-hand, not just from books. And it’s just fun!”

We heartily agree, although there will be many tears and kleenexes floating around the airport when Fernanda returns home to Brazil. Saying good-bye will be hard for all of us. 🌱

For more information about the exchange program the Nelsons used, see the American Youth Abroad program at <http://www.aifs.org/aya/index.htm>



Howard Lyman's Speaking Schedule:

Thursday, 2/15/2001 Palm Desert, CA,
Native Foods Restaurant
(call 1-818-509-1255)

Friday, 2/16/2001 San Diego, CA,
Health Classics Conference at the Castle
Creek Inn Resort and Spa, Escondido
(call 1-805-898-0089)

Saturday, 2/17/2001 La Jolla, CA,
EarthSave San Diego
San Diego Public Library
(call 1-619-224-4065)

Sunday, 3/25/2001 Huntsville, AL,
University of Alabama Health Conference
(call 1-256-859-1982)

Friday, 4/27/2001 Shelby, NC
Halleluia Acres
(call 1-704-481-1700).

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Affiliations are listed for identification only.

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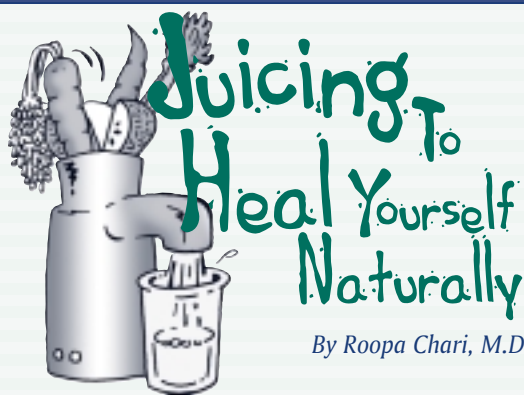
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THE MANY FACES OF VEGETARIANISM



By Roopa Chari, M.D.

Research has shown that juicing is a highly efficient way to provide our body with live enzymes, vitamins, minerals and other nutrients. Especially today, in our modern industrialized society, we need extra nutrients to help our bodies cope with environmental toxins. The addition of juicing to your regime can be an important aspect in maintaining or regaining your good health.

Your body is made up of cells, and the quality of your health is determined by the quality of the health of your cells. Cells take in nutrients and eliminate wastes. The important question to ask is, what nutrients are we giving to our cells? Cells in the body are always working hard to renew themselves. For example you have a new heart every thirty days! For this process of cell regeneration to be optimal, I recommend "live foods" in the form of fresh fruits and vegetables. Juicing is an easy (and fun) way to increase your intake of these wonderful foods.

Solid food requires many hours of digestion before the nutrients are available to the cells and tissues of the body. Removing the fibers from fruits and vegetables allows the juices to be digested and assimilated within minutes. Simply, the digestive system does not have to work as hard. When someone is ill,

and having difficulty assimilating nutrients, juicing can be part of the patient's healing program.

I don't encourage people to drink store-bought shelf juices, as they do not retain all of the vital elements that fresh-made juices have. Enzymes begin to fade after approximately 20-30 minutes. In addition, as shelf juices are pasteurized (which includes heating at high temperatures) in order to prevent spoilage and prolong shelf life, all of the good enzymes you can attain from a delicious glass of fresh juice are killed. Additionally, pasteurized juices just do not taste as good as fresh juices. I suggest drinking at least 1-2 glasses of freshly made juice a day, preferably within 20 minutes of making it.

As juicing has become very popular over the last few years, there are currently many juicers available on the market. I like the Champion Juicer — it is an excellent juicer for a reasonable price. 🌱

Dr. Roopa Chari is a Board Certified Physician in Internal Medicine. Along with her family she has opened an Alternative Medical Health Center in San Diego, CA: The Chari Center of Health, Inc. She treats patients using herbal remedies, detoxification programs, healthy food programs, and a variety of proven, mind-body techniques to treat a wide range of medical and psychological conditions. Dr. Chari can be reached at (619) 275-8073 for appointments, or visit her website at www.charicenter.com.

"The Many Faces of Vegetarianism" series consists of articles written by a variety of individuals with thought-provoking perspectives. Coming next issue... Macrobiotics, by Gabriele Kushi.

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